

The Pressure's Off: What's For Dinner?

Ronda Olsen, Family and Consumer Science Agent
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January 28, 2006

If you love homemade meals but just don't have the time to cook, the pressure cooker may be for you. By using a pressure cooker you can create fabulous meals in about 1/3 the time of standard methods. Tough foods become fork tender in just a few minutes while preserving nutrients and cutting energy costs. Flavors become enhanced, vivid colors of vegetables are preserved, and one-dish meals are realities when preparing meals in the pressure cooker. Don't let the horror stories of the past prevent you from preparing home cooked meals in the pressure cooker. The trick is to know your cooker and practice making meals. Some of the things to keep in mind are:

- Read the owners manual for your model. If you have a used pressure saucepan and the owners manual has been lost, check online to see if one is available.
- Remember, you can use more liquid, but never less.
- Read and understand recipes before beginning.
- Do not fill more than 2/3 full.
- Be sure the lid is properly closed.
- USE A TIMER.
- Cut food into the same size pieces so they will cook evenly. Foods that cook faster can be left a little larger and foods that cook more slowly can be cut a little smaller if they are to be cooked together.
- Flavors mix very well when they come in contact with the surrounding liquid. If you don't want the flavors to mix, put the food on a rack above the liquid. Flavors are not carried through steam.



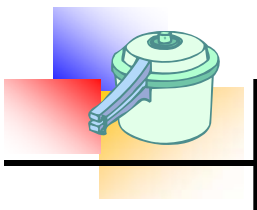
BEEF STEW

2 pounds stew meat cut into 1 inch cubes
1 teaspoon Worcestershire sauce
1 clove garlic
1 onion, sliced
1-2 bay leaves
1 tablespoon salt

1 teaspoon sugar
½ teaspoon pepper
½ teaspoon paprika
½-1 cup mini carrots
2-4 potatoes diced

1. Dredge beef chunks in flour. Put 2 Tablespoons olive oil (or other cooking oil) into pressure saucepan and place over high heat. Add beef and brown. Add sliced onion and chopped garlic clove; cook until onion is limp. Add bay leaves, Worcester sauce, salt, sugar, pepper, paprika, and 2 cups water.
2. Put lid on sauce pan and close securely. Place pressure regulator (15 pound) on vent pipe and cook 10 minutes with pressure regulator rocking gently. Quick cool cooker in either a basin of cold water or under running water.
3. When pressure is released, open cooker and add vegetables. Put lid on sauce pan and close securely. Place pressure regulator on vent pipe and cook an additional 3 minutes with pressure regulator rocking gently. Quick cool and remove lid when pressure drops.
4. In a small bowl, mix ¼ cup water with 2 Tablespoons flour. Stir into stew and return to heat and cook until stew is slightly thickened.

Kris Saunders, USU Extension



The Pressure's Off: What's for Dinner? (continued)

EXTENSION

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COMPANY BEEF ROAST WITH GRAVY

- | | | | |
|---------------|---|---------------|--|
| 2 | tablespoons vegetable oil | 1 | medium sweet Spanish onion, cut into wedges, separated |
| 3 | pound boneless beef rump, bottom round, eye of round or chuck roast | | |
| $\frac{3}{4}$ | cup teriyaki sauce | | |
| 2 | cups water | | |
| | | | * * * * * |
| | | 3 | tablespoons all-purpose flour |
| | | $\frac{1}{4}$ | cup water |

DIRECTIONS

1. Heat oil in pressure cooker over medium heat. Lightly brown roast on all sides. Remove roast.
2. Remove roast. Place cooking rack (or basket), teriyaki sauce, and 2 cups water in pressure cooker. Place roast on rack (or in basket). Arrange onion evenly on top of roast.
3. Close cover securely. Place pressure regulator on vent pipe. Cook, at 15 pounds pressure, for following degrees of doneness: 8-10 MINUTES **per pound** for rare; 10-12 MINUTES **per pound** for medium; AT LEAST 12-15 MINUTES **per pound** for well-done. Let pressure drop of its own accord.
4. Remove roast and rack (or basket) from pressure cooker. Keep warm.
5. Pour drippings into 4-cup measure. Skim off fat. Add enough water to drippings to measure 2½ cups. Mix flour with ¼ cup water. Combine with drippings in pressure cooker. Cook and stir until gravy boils and thickens. Serve with roast.

Source: Presto

PORCUPINE MEATBALLS

- | | | | |
|----|-------------------------|---|-------------------------|
| 1½ | pounds ground beef | 1 | tablespoon minced onion |
| ½ | cup uncooked white rice | 1 | cup tomato juice |
| 1 | teaspoon salt | ½ | cup water |
| ½ | teaspoon pepper | | |

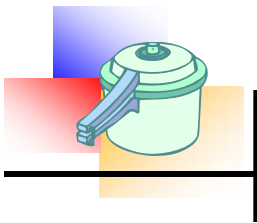
1. Combine meat, rice, salt, pepper, and onion. Shape into small meatballs.
2. Heat tomato juice and water in cooker. Drop meatballs into juice mixture.
3. Close cover securely. Place pressure regulator on vent pipe and COOK 10 MINUTES WITH PRESURE REGULATOR ROCKING SLOWLY. Let pressure drop of its own accord.

Yield: 6 servings

Nutrition Information Per serving

296 Calories, 16 g Fat, 74 mg Cholesterol

Source: Presto



The Pressure's Off: What's for Dinner? (continued)



CHICKEN STOCK

- | | |
|--------------------------------|-----------------------------|
| One 3□3½ pound chicken, cut up | 2 sprigs parsley (optional) |
| 4 cups water | 2 whole peppercorns |
| ½ cup chopped carrot | |
| ½ cup chopped onion | |
| ¼ cup chopped celery | |
| 1 teaspoon salt | |

DIRECTIONS

1. Combine all ingredients in pressure cooker. Close cover securely.
2. Place 15 pound pressure regulator on vent pipe. Turn stove to highest heat setting. When weight starts to rock, reduce heat to maintain a gentle, steady rocking.
3. Cook 15 minutes at 15 pounds pressure. Remove pan from heat and let pressure drop of its own accord.
4. Strain stock and let cool. Skim off fat and discard. Broth can be used immediately or frozen.
5. Remove chicken from bones and cut into bite-size pieces. Chicken can be divided into recipe size portions.

CHICKEN SALAD SANDWICH

Blend dressing ingredients in 3-quart mixing bowl:

- 1/4 cup sour cream
- 1/4 cup mayonnaise
- 1 tablespoon red wine vinegar
- 1 teaspoon Bon Appetit

Combine:

- 2 cups cooked chopped chicken
- 1 cup celery, diced small
- 1/4 cup green onion chopped
- 1 cup red or green grapes, diced
- 1 small can sliced water chestnuts, diced

Add dressing to meat mixture and toss well.

Serve on croissant sandwich buns or as a salad on a lettuce leaf.

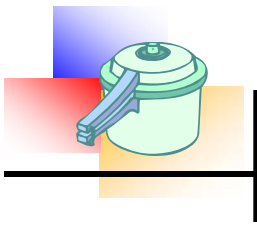
CHICKEN GOULASH

- 2 quarts chicken broth
- 1 cup diced celery
- ½ medium onion, chopped

- 1 teaspoon salt
- 8 oz. spaghetti, uncooked
- 2 cups cooked chopped chicken



1. Bring chicken broth to a boil in a large stock pot. (You can use 1 cup of water to 1 chicken bullion cube to extend broth.)
2. Add celery, onion, and salt. Simmer for 10 minutes until vegetables are tender.
3. Add 8 oz. broken spaghetti, and salt. Cook until almost tender.
4. Stir in chicken and pimento. Simmer 5-10 minutes to heat chicken.
5. Reduce heat and add grated cheddar cheese.



The Pressure's Off: What's for Dinner? (continued)

Cooking Vegetables

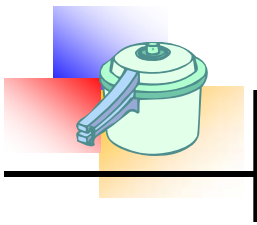
Vegetables add variety and many needed nutrients to the diet. Pressure cooked vegetables retain their natural color, texture, flavor, and nutrients. When the cooking rack is used, multiple vegetables can be cooked at the same time without flavors blending.

Quantity of vegetables does not change pressure cooking times. However, more mature vegetables may require longer pressure cooking time.

Vegetable	Minutes to Cook After Control Jiggles	Amount of Water		Pounds Pressure
		4 quart	6 – 8 quart	
Broccoli Remove large outer leaves; cut off tough ends of stems; and score.	0	1 cup	1 ½ cups	15
Cabbage Wash and cut into 8 pieces. Toothpicks can be used to hold layers together.	1-2	1½ cups	1 ½ cups	15
Carrots Peel and slice ¼ inch thick.	1	1½ cups	1 cup	15
Cauliflower Wash; remove outer leaves and core; leaving just enough core to hold flow- erets together.	1	1½ cups	1 ½ cups	15
Potatoes Wash; peel and cut into 1½ " diameter pieces (omit rack)	10	1½ cups	1 ½ cups	15

Directions:

1. Pour water in cooker. Place vegetable on rack (or basket)
2. Close cover securely. Place pressure regulator on vent pipe and cook with pressure regulator rocking slowly.
3. Follow processing times.
4. At conclusion of processing time, remove from heat.
5. Cool cooker at once by placing cooker in a pan of cold water or under running tap water.



The Pressure's Off: What's for Dinner? (continued)

COOKING DRY BEANS

Helpful Hint: Consumer often find themselves short of time or realize they should have allowed time soaked beans prior to cooking. This process assist in restoring moisture to beans and shortens cooking time. Beans generally triple their size as they are re-hydrated.

Soaking beans also allows some of the gas-causing substances to be released. Soaking water can be discarded and fresh water added for cooking.

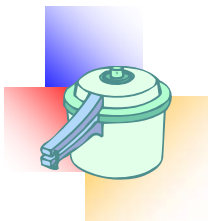
Quick Soak Method— For every two cups of beans add 10 cups of water. Bring to boil and boil for 2 or 3 minutes. Remove from heat and allow to soak for at least 1 hour, or up to 4 hours.

Overnight Soak— For every two cups of beans add 10 cups of cold water and let soak 8 hours. After soaking beans, 4 cups of water should be added for every 1 cup of re-hydrated beans.

The following table was created as an experiment to answer the consumer question regarding moisture absorption when beans are cooked without prior soaking. All beans were cooked using 3 cups of water. The table shows an approximate cooking time (cooking time varies depending on the age of beans and personal preference for doneness) for nine bean varieties. Note the marked differences in remaining cooking liquid. When using the pressure cooker it is essential that adequate liquid is used so that contents do not go dry.

Experimental Pressure Cooking of Unsoaked Beans						
Bean Variety	Liquid	Beans	Cooking Time	Yield	Remaining Liquid	16 oz. Yields
Navy Beans	3 cups	1 cup	10 minutes	2-1/2 cups	1-1/2 cups	2-2/3 cups
Black Beans	3 cups	1 cup	15 minutes	2 cups	1-1/2 cups	2-1/2 cups
Small Red	3 cups	1 cup	15 minutes	2-1/3 cups	1-1/3 cups	2-1/2 cups
Great Northern	3 cups	1 cup	20 minutes	2-1/4 cups	2/3 cup	2-3/4 cups
Light Red Kidney	3 cups	1 cup	20 minutes	1-1/3 cups	2 cups	2-2/3 cups
Large Lima	3 cups	1 cup	22 minutes	2 cups	1-1/4 cups	2-3/4 cups
Baby Lima	3 cups	1 cup	25 minutes	2-1/4 cups	1 cup	2-1/2 cups
Pinto	3 cups	1 cup	25 minutes	2 cups	1 cup	2-2/3 cups
Garbanzo	3 cups	1 cup	30 minutes	2-1/4 cups	1 cup	2-2/3 cups

1. 1 teaspoon salt was added to each for flavor. One tablespoon vegetable oil was added to each to prevent foaming. Never fill pressure cooker more than **HALF FULL** to allow for expansion on beans.
2. Place lid and weight on cooker; then place on high heat until weight begins to rock, then reduce heat and begin cooking time.
3. Allow pressure to drop on its own; beans will continue to cook.



The Pressure's Off: What's for Dinner? (continued)

EXTENSION

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QUICK MINESTRONE SOUP

1 (16 oz.) package frozen broccoli, cauliflower, and carrot blend
2 (14¼ oz.) cans or 1 quart stewed tomatoes (use no salt added if desired)
2 (14½ oz.) cans reduced sodium broth (beef, chicken, or vegetables)
1 (15½ oz.) can great northern beans, drained and rinsed to reduce sodium content
or 2 cups cook rinsed and drained great northern beans
2 oz. uncooked pasta (try vermicelli or spaghetti, break into 2-inch pieces or a 1/3 cup alphabet pasta)
1 teaspoon dry Italian seasoning, or Mrs. Dash garlic blend seasoning
¼ teaspoon ground black pepper
grated Parmesan cheese

In a large sauce pan, combine vegetables, tomatoes, broth, beans, seasonings, and pasta; bring to a boil. Reduce heat; cover and simmer 6 to 8 minutes or until vegetables and pasta are tender. Sprinkle with Parmesan cheese.

Yield: 4 to 6 servings

Calories: 210

Fat: 2 g

Saturated Fat: 1 g

Cholesterol: 0

SPICY BLACK BEAN SALAD

Tammy Vitale, USU Dept of Food Science

1¾ cups Black Beans, cooked rinsed and drained	1 teaspoon cilantro, minced
¾ cup whole kernel corn, rinsed and drained (frozen or canned)	1½ cups white rice, cooked and cooled
1 tomato chopped	2 tablespoon red wine vinegar
¼ cup celery, chopped	2 tablespoon olive oil
¼ cup green pepper, chopped	3-4 drops hot pepper sauce (Tabasco)
2 tablespoon green onions and tops, sliced	1/8 tsp ground cumin
	salt and pepper to taste

Combine beans, corn, tomatoes, celery, green peppers, green onions, cilantro, and rice in a large bowl. Whisk together vinegar, oil, hot pepper sauce and cumin. Pour over mixture and toss. Season to taste with salt and pepper. Chill well.

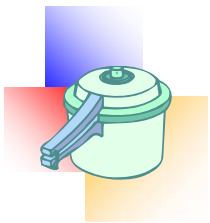
Yield: 8-10 ½ cup servings

Calories: 104

Fat: 4.3

Sodium: 167 mg

Cholesterol: 0 mg



The Pressure's Off: What's for Dinner? (continued)

NAVY BEAN SOUP

- 1-1/2 pounds lean, smoked ham shank
- 2 Cups pre-soaked beans
- 2 tablespoons vegetable oil
- 2 stalks celery, diced
- 1/2 medium onion, chopped

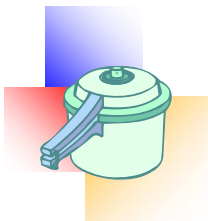
1. Place smoked ham shank into pressure cooker and cover with water. Close cover securely. Place pressure regulator on vent pipe.
2. Place on high heat and bring cooker up to pressure.
3. When pressure regulator begins to jiggle, reduce heat and cook meat for ten minutes with regulator rocking slowly.
4. While meat is cooking, sauté celery and onions in vegetable oil.
5. At the conclusion of pressure cooker cooking time, quick cool pressure cooker.
6. Remove lid and add remaining ingredients—vegetables and beans.
7. Return to high heat until pressure regulator begins to rock. Reduce heat to maintain slow rocking of regulator.
8. Cook for an additional 20 minutes.
9. Quick cool, remove lid.
10. Remove bone and break meat into bite-sized pieces before serving.
11. Season with salt and pepper to taste.

BEANS AND SAUSAGE

- | | |
|-------------------------|----------------------------|
| 1 lb. dried pinto beans | 1 (8 oz.) can tomato sauce |
| ¼ cup vegetable oil | ¼ cup packed brown sugar |
| 1 tablespoon salt | ¼ cup light molasses |
| water to cover beans | 2 tablespoons paprika |
| 1 lb. bulk pork sausage | 1 tablespoon chili powder |
| 1 cup chopped onion | 1 teaspoon salt |
| 4 cups water | 1 teaspoon dry mustard |

1. Soak beans overnight in oil, 1 tablespoon salt, and enough water to cover. Drain.
2. Crumble and brown sausage in 6 or 8 quart pressure cooker over medium heat. Remove sausage. Discard all but 1 tablespoon fat.
3. Sauté onion until tender. Stir in sausage, beans, and remaining ingredients.
4. Close cover securely. Place pressure regulator on vent pipe.
5. COOK 25 MINUTES AT 15 POUNDS PRESSURE. Let pressure drop of its own accord.
6. Remove cover and simmer to desired consistency.

Source: Presto



The Pressure's Off: What's for Dinner? (continued)

WILD & WHITE RICE WITH CASHEWS

2 tablespoons margarine	1 teaspoon Worcestershire sauce
2 cups sliced mushrooms	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup chopped onion	$\frac{1}{8}$ teaspoon pepper
$\frac{3}{4}$ cup long grain rice	2 cups water
$\frac{1}{4}$ cup wild rice	$\frac{2}{3}$ cup shredded Swiss cheese
2 cups beef stock	$\frac{1}{3}$ cup cashews

1. Heat margarine in 6 or 8 quart pressure cooker over medium heat.
2. Sauté mushrooms and onion until tender; stir in rice, beef stock, Worcestershire sauce, salt and pepper.
3. Transfer mixture to metal bowl that fits loosely on rack or in basket in pressure cooker. Cover bowl securely with aluminum foil.
4. Place pressure regulator on vent pipe.
5. COOK 10 MINUTES AT 15 POUNDS OF PRESSURE.
6. Let pressure drop of its own accord.
7. Stir in cheese and cashews.

Yield: 6 servings

Calories: 234

Fat: 9.7 g

Sodium: 525 mg

Cholesterol: 12 mg

Source: Presto

LEMON RICE

1 cup long grain rice	$\frac{3}{4}$ teaspoon salt
$1\frac{1}{2}$ cups chicken stock	2 cups water
2 teaspoons lemon juice	1 teaspoon grated lemon rind

1. Combine rice, stock, lemon juice and salt in metal bowl that fits loosely on rack or in basket in pressure cooker. Cover bowl securely with aluminum foil.
2. Place water, cooking rack or basket and bowl in cooker. Close cover securely.
3. Place pressure regulator on vent pipe. COOK 5 MINUTES AT 15 POUNDS PRESSURE.
4. Let pressure drop of its own accord.
5. Open pressure cooker and let rice steam, uncovered, 5 minutes. Stir in lemon rind.

Yield: 4 servings

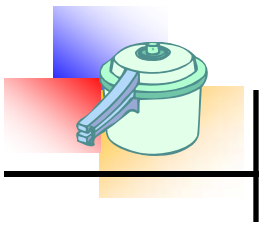
Calories: 183

Fat: 0.8 g

Sodium: 693 mg

Cholesterol: 0

Source: Presto



The Pressure's Off: What's for Dinner? (continued)

CHEESECAKE

One 8-ounce package cream cheese
One 3-ounce package cream cheese

$\frac{1}{2}$ cup sugar
2 eggs

DIRECTIONS

1. Beat cream cheese until smooth. Add sugar and beat in eggs. Pour mixture into buttered custard cups. Top with vanilla wafer crumbs.
2. Cover each cup firmly with aluminum foil.
3. Pour water into cooker. Place custard cups on rack in cooker. Close cover securely.
4. Place 15 pound pressure regulator on vent pipe and **COOK 15 MINUTES WITH PRESSURE REGULATOR ROCKING SLOWLY**. Cool cooker at once.
5. Cool cheesecake. Cut around inside of cups to loosen and invert onto serving dish. Chill. Top with one of the following sauces, if desired.

Nutrition Information Per Serving
305 Calories, 23 g Fat, 157 Cholesterol

CARMEL SAUCE— Combine $\frac{1}{4}$ cup soft cream cheese, $\frac{1}{4}$ cup brown sugar, 1 tablespoon granulated sugar, and $\frac{1}{4}$ teaspoon vanilla. Mix thoroughly. Spoon over cheesecake. Garnish with pecans. Refrigerate until serving.

FRUIT SAUCE— Spoon canned fruit pie filling of your choice over cheesecake. Refrigerate until serving.

Source: Presto

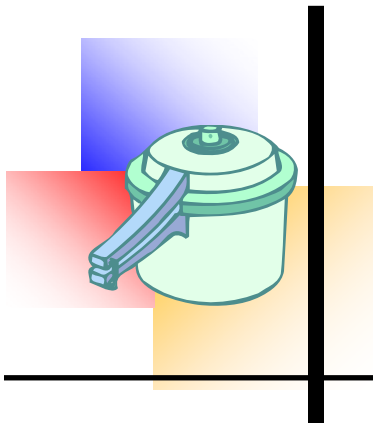
STEAMED CHOCOLATE PUDDING CAKE

$\frac{2}{3}$ cup granulated sugar	$\frac{1}{4}$ cup unsweetened cocoa
3 tablespoons margarine, softened	2 teaspoons baking powder
1 egg, beaten	$\frac{1}{2}$ teaspoon baking soda
$\frac{1}{2}$ cup buttermilk	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ teaspoon vanilla	5 cups water
$\frac{3}{4}$ cup all-purpose flour	

1. Mix granulated sugar and margarine. Stir in egg, buttermilk, and vanilla. Mix flour, cocoa, baking powder, baking soda, and salt. Stir into egg mixture.
2. Pour into greased 1-quart bowl or soufflé dish that fits loosely on rack (or in basket) in 6- or 8- quart pressure cooker. Cover bowl securely with greased aluminum foil.
3. Place cooking rack (or basket) and water in pressure cooker. Place bowl on rack (or in basket). Close cover securely. Do not place pressure regulator on vent pipe. **COOK 60 MINUTES** with steam flowing **very gently** through vent pipe.
4. Remove cake and let cool in bowl on wire rack 5 minutes. Remove from bowl. Let cool on wire rack. Sprinkle with powdered sugar before serving.

Source: Presto

Handout adapted from: Olsen, R., & Saunders, K. S., (2004). *Using a Pressure Saucepan for Beans and Rice*, FSNE, USU Extension. Olsen, R., & Saunders, K. S., (2004). *Using Your Pressure Saucepan*; Down Home Flavor in a Time Honored World, FSNE, USU Extension.



Purchasing a Used Pressure Saucepan

Ann Henderson, M.S. CFCS, Family and Consumer Science Agent

Selection

When Choosing a pressure saucepan consider the following:

- Pressure saucepan should be in good condition. Check the bottom to be sure it is flat.
- Try the lid to make sure it opens and closes easily.
- The pan should be comfortable to handle.
- Brands
Look for a name brand. It will be easier to find replacement parts if they are needed. Presto and Mirro have been around for a long time and replacement parts are generally still available. Mirro, Presto, T-Fal, Kuhn Rikon, and Fagor are companies that still make parts for their pressure cookers.

Parts of the pressure saucepan:

- Seal or gasket – the seal or gasket, usually made of rubber, is the part that seals the space between the pan and the lid and allows pressure to increase. The seal should be pliable and it should make the lid fit snugly.
- Safety Valve – releases pressure in the sauce pan when it's too high or the vent pipe is clogged. Presto calls it an overpressure plug and it's made of rubber. Mirro's is a hollow nut filled with a softer metal that will melt to release pressure.
- Vent pipe – tube that holds the pressure regulator or weight.
- Handles – generally made of plastic or wood that remains cool during heating, make sure the handles are comfortable and make the saucepan easy to handle
- Pressure regulator or weight – part that fits on top of the vent pipe, when in place, it allows the pressure to rise in the saucepan.

What size do I need?

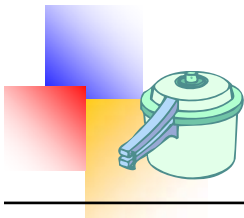
Remember that the pressure saucepan can only be filled 2/3 full.

- 4 quart—a good size for singles or couples; or for making one course for a family, such as potatoes or vegetables. Whole meal recipes for one or two persons can usually be accommodated in a 4 quart pressure cooker.
- 6 quart - a good size for families with 5-7 members
- 8 quart – a good size for larger families

Aluminum or Stainless Steel

- Aluminum – heats evenly, is lighter, less expensive, most common material for used pressure sauce pan.
- Stainless Steel – easy to clean, look for an aluminum clad bottom to increase even heat.

This project is funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Workforce Services Community Center or your local Extension office



Purchasing a Used Pressure Saucepan (continued)

Testing your New Pressure Cooker

When you get your pressure cooker home, wash it well. Remove the rubber seal or gasket and wash in warm water and detergent. Rinse well to remove all detergent.

To test the pressure saucepan:

1. Put two cups of water in the pan.
2. Put the lid on and make sure it is locked in place. If it is difficult to close the lid, remove the seal and rub with a small amount of vegetable oil and place it back in the lid and close.
3. Place the pressure cooker on the stove and turn the heat on high.
4. When the water boils inspect the pressure cooker. Steam should be coming out of the vent pipe, but no steam or water should be leaking from the area where the pan and lid meet.
5. If there are no leaks, put the pressure regulator on the vent pipe.
6. Reduce the heat when the weight begins to rock gently.
7. After five minutes take the pressure cooker off the heat. Quick cool by placing saucepan in a basin of cool water or hold under running water until pressure drops and the lid lock releases. When steam no longer escapes the pressure has returned to normal. Remove the lid by tipping it away from you so the steam rises away from your face.

Operate the Pressure Cooker Safely

1. Check the vent pipe for blockage every time you use the pressure cooker.
2. Check the lid locking mechanism every time before using the pressure cooker.
3. Fill the pressure cooker NO MORE than 2/3 full.
4. Do not cook foods that foam or froth like applesauce, cranberries, rhubarb, pearl barley, cereals, pastas, grains, split peas, or soup mixes. These may clog the vent pipe.
5. Make sure the lid is properly secured before heating.
6. Do not use in the oven.
7. Always move the pressure cooker using handles to prevent burns.
8. Do not try to open the lid until the pressure has totally dropped. To see if pressure has returned to normal, tilt the pressure regulator to one side. When no steam escapes the pressure has returned to normal.
9. Do not leave the pressure cooker unattended.
10. Do not deep fry foods in the pressure cooker.

Sources for Parts and Instructions

Presto

National Presto Industries, Inc
3925 North Hastings Way
Eau Claire, WI 54703
(715) 839-2067
Consumer Service Dept.
1-800-877-0441
Web site: www.gopresto.com

Mirro Consumer Center

PO Box 583
Toledo, OH 43697
1-800-527-7727
E-mail: www.ConsumerAffairs@Wearever.com

Appliance Service Center

1475 South Main
Salt Lake City, UT 801467
801-467-6361

Resources

Bauer, B. & Woodruff, P. (1999). *The Complete Pressure Cooker Book*. Quintessence Designs. Satellite Beach, Florida.
How to Buy a Pressure Cooker. (2003). National Presto Industries Website. <http://www.gopresto.com/recipes/ppc/howtobuy.php>
My Ten Point Safety Checklist. Miss Vickie's Pressure Cooker Recipes Website. <http://missvickie.com>.
Presto Pressure Canner and Cooker Instructions and Recipes. (2003). Eau Claire, Wisconsin: National Presto Industries.
Test Drive Your Pressure Cooker. Miss Vickie's Pressure Cooker Recipes Website. <http://missvickie.com>.

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